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Thursday, May 1, 2014

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MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOODBYE TO EARTH

PAGES 18 & 19

Forced into marriage in Nigeria?

Schoolgirls kidnapped, made to marry captors, organization says PAGE 14

What did the cabbage say to the hemp oil?

Let's make some coleslaw! Use Metro AR for superfood info PAGE 34

Botched U.S. execution stirs debate

It took 43 minutes for an Oklahoma inmate to die PAGE 13

CANOODLING THE CUP

Nepean Raiders Minor Peewee B Black centre Noah Benoit, 12, plants a smooch on the Stanley Cup during his team's wrap-up party Wednesday. Benoit's team got the surprise from Scotiabank as recognition for charitable work the team did during the year. See story, page 6. TREVOR GREENWAY/METRO

Harsh winter leads to a $13M deficit

Financial chill. Mayor calls for spending review after snow-clearing budget snowed under

Mayor Jim Watson is calling on city staff to review spending after road services racked up $13 million more than budgeted for snow removal in just the first quarter of 2014.

Ottawa experienced a "harsher than normal" winter. A December storm alone cost the city $12 million. Cleanup from that storm spilled over into the New Year, according to a Finance and Economic Development Committee (FEDCO) report to be reviewed next week.

"Due to the harsher winter weather, spending on winter maintenance activities were significantly higher than normal," the report noted.

"Snow removal expenses were higher than anticipated as a result of the lack of a mid-winter melt and the clean-up efforts that continued into January from the December storm events."

Watson wants to avoid a deficit as more snow will come in November and December, so the report recommends the city manager examine spending "across all programs in the Corporation, including all discretionary spending, in order to address the financial impacts associated with winter maintenance operations."

It's not clear how the $13-million shortfall will be met, as the city's winter maintenance reserve fund has been reduced down to $3.7 million after the city went $24 million over budget in 2013.

The report suggests surpluses within operations and other city departments could bring the deficit down to $9.95 million.

TREVOR GREENWAY/METRO

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Orleans

Son to return to court on murder charge

An 18-year-old man accused of killing his mother in Orleans last week made a brief court appearance Wednesday. Police arrested Chris Gobin on a neighbour's lawn after the body of Luce Lavertu, 49, was found in her home on St. Bruno Street. Gobin will return to court May 7. METRO

Could cause damage

Stay off wet sports fields: City

The city is asking residents to stay off sports fields until further notice because the fields might be damaged if they are used in soggy weather conditions.

The request applies to sports teams, community associations, individuals, and organizers of large public events. Ball diamonds and other fields will open as soon as the weather improves, the city said. METRO

417

More lane closures coming

The city says motorists can expect lane reductions on the 417 in both directions on weekends from 9 p.m. to 6 a.m. starting this Friday until early June. The reductions are part of the Hwy 417 expansion project which will see an additional lane added between Nicholas Street to the split. Southbound St. Laurent Boulevard on-ramp to the 417 east will also be closed four consecutive weekends, beginning Friday. METRO

A Via passenger train heads east at the level crossing at Woodroffe Avenue Sunday night. SEAN MCKIBBON/METRO

Transit chief, Via at odds over signals

Blame game?

Councillor slams rail company for blaming malfunctions on OC Transpo drivers

TREVOR GREENWAY
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Ottawa city councillor Diane Deans says she is disappointed that Via Rail is playing the blame game when dealing with the constant rail crossing malfunctions. She just wants the issue to be fixed for good.

Deans' comments come after Via Rail issued a press release Tuesday, blaming OC Transpo bus drivers for two recent rail signal malfunctions, as they failed to stop at railway crossings when the lights were flashing.

"Nobody from Via picked up the phone and called anyone at OC Transpo or the city manager's office or anywhere else for that matter," said Deans, adding that she and city staff learned about the culprit via press release, as reporters did Tuesday.

"That's not a great communication strategy," Deans said. "I am not at all interested in a he-said, she-said or back and forth, finger-pointing exercise. I am just interested in finding a resolution to this issue and moving on."

According to the release, a driver allegedly drove across the tracks and under the gate as it was lowering at Fallowfield Road Monday. The move damaged the gate and prevented it from staying raised. It also triggered a "fail-safe mode," which senses vibrations on the tracks even when no train is coming.

Via Rail spokesperson Mylene Belanger confirmed Wednesday that the Crown corporation has received a report on the root causes of the malfunctions, but said the report will not be made public yet. Via, she said, will analyze the data and release the findings "at the appropriate time."

Belanger said the report received was only the first of three expert reports commissioned by the rail company. On April 23 the firm announced it had retained experts at RailTerm and engineers from Hatch Mott MacDonald and Siemens to "conduct a comprehensive review of its infrastructure and signalling system and further investigate the root causes of these occurrences."

The Canadian Museum of Nature is launching its Creatures of Light: Nature's Bioluminescence exhibit to the public on Saturday, May 3. Inset: A girl gazes at the illuminated glowworms inside the exhibit. The larvae live in caves, dropping sticky threads from their bioluminescent tails to catch mosquitoes and other insects as they become attracted to the light. PHOTOS COURTESY OF DENIS FINNIN

Museum of Nature has fun in the dark with bioluminescent life

From flashlight fish to magic mushrooms. This exhibit is set to make visitors glow with excitement

JOE LOFARO
joe.lofaro@metronews.ca

The Canadian Museum of Nature is betting on its newest exhibit being a hit this summer with psychedelic, glowing fish and their own "magical mushrooms."

Creatures of Light: Nature Bioluminescence is a Canadian first, opening this Saturday and running until Nov. 9, will be an interactive exhibit for all ages. The popular Nature Nocturne dance night, held monthly at the museum, will be a glow-in-the dark theme for party goers on May 23 to coincide with the new exhibit.

Hailing from the American Museum of Natural History in New York, the exhibit explores the phenomenon of bioluminescence in the world around us. Everything from fireflies, jellyfish, scorpions, glowworms, live flashlight fish, and yes, even mushrooms are featured.

Researchers still aren't sure why some mushrooms produce their own light.

"We don't quite understand what's going on," said Nicole Dupuis, the museum's exhibition content developer. "It's something that science is still trying to understand."

A darkened aquarium filled with live flashlight fish, usually found in the depths of the ocean, will amaze onlookers with the organs under their eyes aglow. The bacteria in those organs illuminate so the fish can communicate, avoid being eaten, and attract prey.

"I think the show is such a great example of how magical nature is. This is an adaptation that has developed independently in unrelated species," said Dupuis. "It's something that humans can't do. No mammals are bioluminescent."

Alongside the exhibit will be five "glow moments" spread throughout the museum, including a graffiti glow booth on the main floor. Tickets are $8 for adults and $6 for kids aged three to 12.

For more information, visit nature.ca.

Magic in nature

The exhibit explores the phenomenon of bioluminescence in the world around us.

- Everything from fireflies, jellyfish, scorpions, glowworms, live flashlight fish, and yes, even mushrooms are featured.

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‘It’s going to be mine someday’

The Stanley Cup. Noah Benoit planted a big one on the Cup and plans to make it his

The Nepean Raiders PeeWee ‘B’ hockey team may have been eliminated from the playoffs in the first round this season, but the team still won the Stanley Cup.

Through Scotiabank’s Surprise and Delight campaign the Ottawa minor hockey team was surprised to see the shiny Stanley Cup — the real Stanley Cup — waiting for them at the Nepean Sportsplex during their year-end wrap up party Wednesday.

Some of the kids were so surprised, they didn’t believe it was the real Stanley Cup. They had to touch it, hug it and kiss it to make sure.

“I thought it was going to be a hockey player, but this is better,” said 12-year-old Noah Benoit who pressed his lips hard against Lord Stanley the minute he got close enough. The centre, who wears number 13 for the Raiders, told Metro that it won’t be that long until he gets to hoist the Stanley Cup over his head.

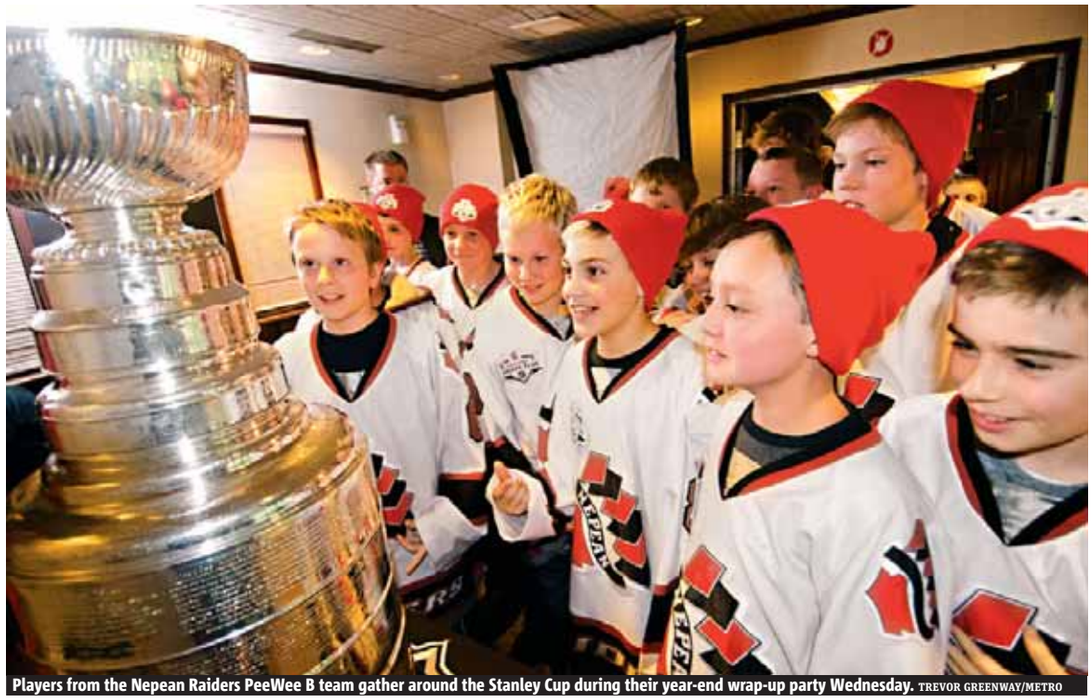
“It’s going to be mine someday.”

The Raiders were selected out of more than 4,000 teams across the country to get a surprise visit from the Stanley Cup.

It was their dedication to volunteering in the community that made them stand out — an early season food drive and a toy drive for Christmas, which sent the kids out to do odd jobs to earn money, which they then spent on gifts for the less fortunate.

“They love it, they really do,” said head coach Marc Frappiere. “They have a lot of fun on the ice together, but they have just as much fun off the ice, whether it’s a pizza party or doing a charity event. They just have fun when they are together.”

TREVOR GREENWAY/METRO



Players from the Nepean Raiders PeeWee B team gather around the Stanley Cup during their year-end wrap-up party Wednesday. TREVOR GREENWAY/METRO

Man sicced dog on foe: Cops

A 31-year-old west Quebec man is in police custody after police allege he sent his dog to attack another man and then continued to punch and kick him while he was laying semi-conscious on the ground.

Gatineau Police responded to an assault call in Buckingham Tuesday evening after a conflict broke out between two men, one 31 and one 40. Police say the two knew each other, but didn’t exactly see eye-to-eye.

“They knew each other and the aggressor does not like this person,” said Gatineau Police Spokesperson Jean-Paul Lemay.

Lemay said that as the 40-year-old was trying to leave, the younger man ordered his boxer mix dog to attack.

The dog brought the victim to the ground and Krop then began to punch and kick the man nearly unconscious, police said.

When police arrived, the victim was on the ground, semi-conscious and bloodied.

He sustained head injuries as well as a deep laceration to the leg from the dog attack.

He was sent to hospital with non-life-threatening injuries.

The dog has been seized by the SPCA and police are requesting the dog be euthanized, because of “the nature of the injuries.”

Misha Krop, 31, is expected in court sometime Tuesday to face charges of assault and assault with a weapon.

TREVOR GREENWAY/METRO

Game on

Redblacks to unveil CFL jerseys next week

The team is taking form, the gridiron is in its final phase of construction and the Ottawa Redblacks have a pre-season date with the Saskatchewan Roughriders June 14. All they need now is something to wear.

Redblacks starting quarterback Henry Burris and other players and coaches will be strutting their stuff May 6, as they unveil the team jerseys for their inaugural season.

The logo has already been unveiled — a large R inside of a saw blade — but now football fans will get a taste of what their CFL team will look like on the field.

The jerseys will be modelled May 6 at the Ottawa Conference and Event Centre. The event is limited to season-ticket holders due to limited space.

Season ticket holders can register for the free event online.

TREVOR GREENWAY/METRO

Police warning

Protests set for Thursday could snarl traffic

The city is warning commuters of possible traffic disruptions in the downtown area as a demonstration is scheduled to start at 5 p.m. Thursday. The destinations are the Canadian Association of Petroleum Producers on Slater and the Prime Minister’s Office at the corner of Wellington Street and Elgin Street. METRO

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Kingston

Man faces several charges in killing of cat

A 23-year-old Kingston man is facing charges in connection with the killing of a cat in the city's west end.

Police say a cat was removed from its leash and taken from its owner's property on April 21.

After the pet was reported missing and local flyers distributed, police say feline remains were found in a nearby park.

Paul Alexander Schwindt is charged with killing an animal, causing unnecessary suffering to an animal, theft under $5,000 and breach of undertaking. He has been released on strict conditions including that he not leave his residence, attend any parks or be in the presence of any animals unaccompanied.

THE CANADIAN PRESS

Toronto

'Chance meeting' between 2 men led to gunfight that killed both

Police say a "chance meeting" between two men on an east-end Toronto sidewalk last month ended in them gunning each other down.

Jonathan Stefan Khan, 21, and Shawn Chestnut-Reddick, 22, both died of multiple gunshot wounds after the March 19 incident outside a club.

Det. Shawn Mahoney says the two men knew each other and travelled in the same circles but they had a "pre-existing conflict" with each other before they met unintentionally on the sidewalk that day.

Mahoney says an argument ensued, leading to a fist fight altercation that ended with both men pulling out guns and shooting each other.

THE CANADIAN PRESS

Tracking of at-risk drivers lax: Watchdog

Province at fault? Investigation finds 'outdated' system for reporting people who shouldn't drive

The Ontario government could have reduced the potential for catastrophic accidents involving drivers with medical problems if it had been more proactive in keeping tabs on at-risk drivers, watchdog André Marin said Wednesday.

His latest investigation found an "outdated" and confusing system for reporting and monitoring drivers with potentially unsafe medical conditions such as uncontrolled hypoglycemia, the ombudsman said.

Forms and medical information are archaic, doctors aren't reporting at-risk patients and, in some cases, the ministry either isn't getting all the information or isn't acting on it, he said.

Vehicles in the hands of drivers with uncontrolled or unaware hypoglycemia are "uncontrolled" missiles that are "a huge danger to the public," Marin said.

"The public doesn't realize really the extent to which they are vulnerable on our roads and highways," he said.

According to the Ministry of Transportation, there were 7,336 drivers who were considered insulin dependent in 2010, Marin said. It's estimated that 25 per cent of them will suffer hypoglycemic episodes — low blood sugar that can cause dizziness, drowsiness and vision changes — without being aware of it.

His report focused on a 2009 car crash that killed three people, caused by a diabetic Hamilton man who was experiencing severe uncontrolled hypoglycemia. THE CANADIAN PRESS

Quoted

"What's happening in Ontario is bureaucratic calamity mired by general chaos."

Ombudsman Andre Marin

Ontario Ombudsman André Marin speaks at a news conference at Queens Park in Toronto on February 4, 2014. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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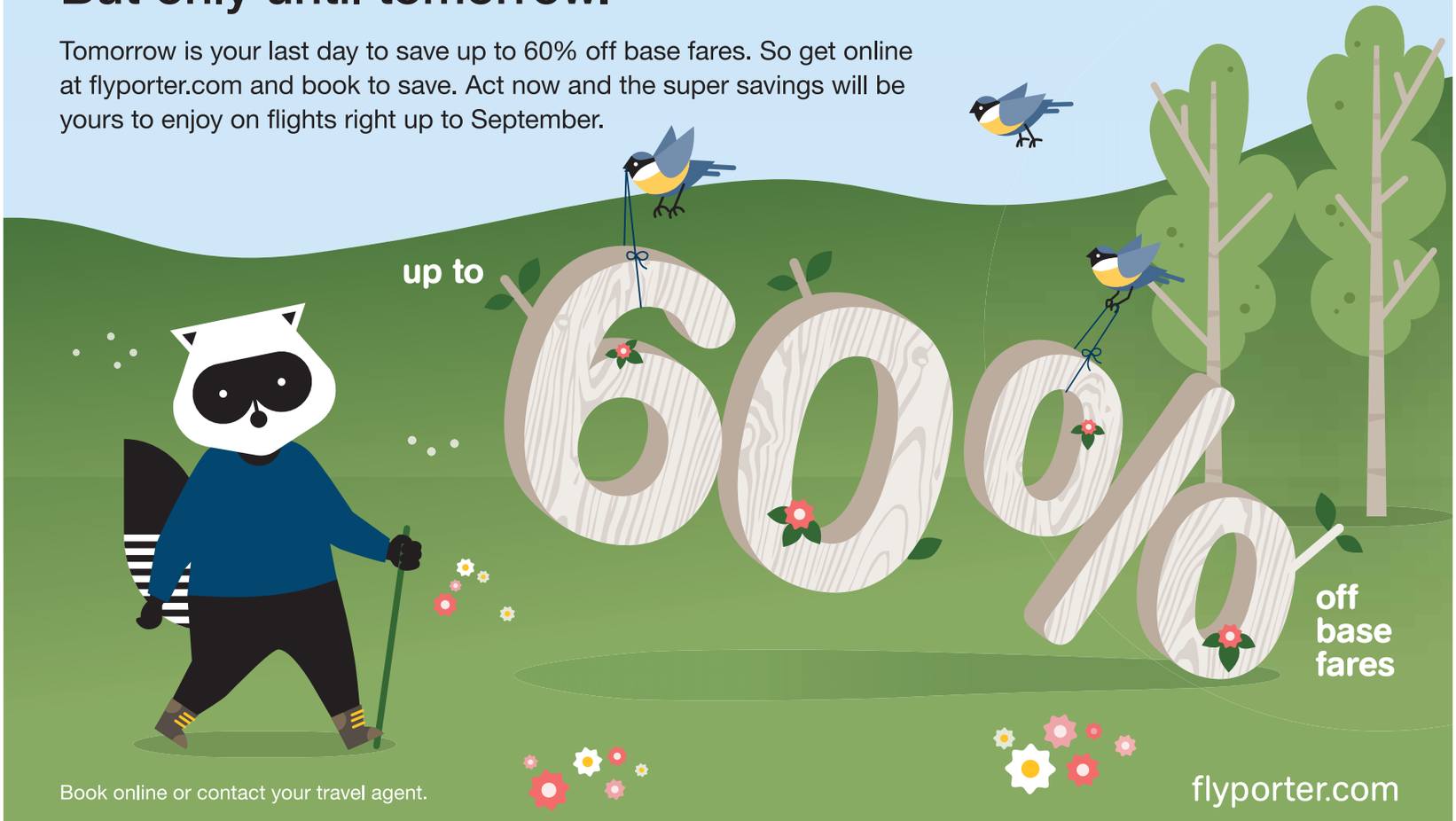

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Will the Ontario Liberal budget trigger an election?

High stakes. Or will NDP prop up government again?

With much of Thursday's Ontario budget released through official announcements and leaks, the remaining question is will it trigger a June election or will the NDP again prop up the minority Liberal government.

The New Democrats warned they wouldn't support a budget that hikes taxes on the middle class, and said they want corporations to pay more to transit and infrastructure — conditions the Liberals appeared ready to meet.

NDP Leader Andrea Horwath said Wednesday she wants to see the budget, and consult with the public, before announcing whether her party can support the Liberals.

Horwath has to walk a fine line, deciding whether it's better to keep dealing with a left-leaning Liberal government or force an election in which she could have to face a right-wing Conservative party that won't be inclined to make concessions to the NDP.

Premier Kathleen Wynne announced the budget would allocate $29 billion over 10 years to expand public transit and repair and upgrade roads and bridges, but when asked how she would raise the money she said only that the Liberals would not tax middle-income earners and wouldn't raise the gasoline tax or the HST.

Documents The Canadian Press obtained from a source outside the government show the Liberals will hike taxes on high-income earners, corporations and smokers to help raise money for public transit — a centrepiece program in a budget that could turn into the basis of the government's re-election platform.

The documents say the budget will announce the phase-in of a four-cent-per-litre increase in the tax on aviation fuel over four years, restrict tax credits for large corporations and stop construction companies from claiming the fuel tax exemption.

Wynne also announced the budget will include a $2.5-billion fund to give grants to corporations to help attract jobs and will create an Ontario Retirement Pension Plan, which will require contributions from employers and workers.

The Progressive Conservatives said they would end "corporate welfare," and quickly condemned the provincial pension plan as a "job-killing payroll tax," but improving retirement income is an idea that the New Democrats have championed in the past.

Unlike the last two years, when the NDP negotiated changes in each budget to get a tax on incomes over $500,000 and a promise to lower car insurance premiums by 15 per cent, this year there were no negotiations with the Liberals, public or private.

The government faces shrinking revenue and an $11.3-billion deficit, which Finance Minister Charles Sousa insisted will be balanced on schedule by 2017-18.

Wynne didn't rule out the idea of calling the election herself when asked earlier this week, but suggested she wants to keep the minority government alive for a while yet and said that means getting support from one of the opposition parties.

THE CANADIAN PRESS

Ontario Premier Kathleen Wynne speaks to The Empire Club of Canada in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Analysis

A snapshot of what may be in the fiscal plan

From government announcements:

— A new Ontario Retirement Pension Plan, which will require contributions from employers and workers.
— $29 billion over 10 years for transit and transportation infrastructure.
—$2.5 billion over 10 years in corporate grants to secure new investments and jobs.
— $269 million over three years to raise wages of licensed child-care workers.
— $280 million over three years to increase pay for personal support workers in the home-care sector.
—$1 million to give grants to seniors to help them stay in their homes longer.
— $50 million a year to help would-be parents pay for in vitro fertilization treatments.

From documents obtained by The Canadian Press from a source outside the government:

—Increased taxes on high income earners and tobacco.
— Removal of some corporate tax credits to help pay for the transit plan.
—A four-cent-a-litre hike in the tax on aviation fuel, phased in over four years, to help fund transit and infrastructure projects.

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Scan the photo below with your Metro News app to hear Jack Lawson of the Federal Fisheries Department break down the whale's risk of exploding.

Drug-resistant bacteria pose worldwide threat

Antibiotics. Experts warn that the world could be heading toward a future where minor infections can kill

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria, which causes problems including meningitis and infections of the skin, blood and the kidneys.

The agency noted there are many countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea. Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned.

WHO said it couldn't assess the validity of the data provided and that many countries had no information on antibiotic resistance.

WHO said people should use antibiotics only when prescribed by a doctor, that they should complete the full prescription and never share antibiotics with others, or use leftover antibiotics.

THE ASSOCIATED PRESS

Removing carcasses is a whale of a task

Provincial and federal officials are discussing the best way to remove the rotting carcasses of two blue whales near Trout River and Rocky Harbour in Newfoundland's west coast. Federal Fisheries Minister Gail Shea said Wednesday that Ottawa is working with a Canadian museum on an agreement to take ownership of the whales so they can contribute to ecducating the museum's visitors. DON BRADSHAW/THE CANADIAN PRESS/HO - NTV NEWS

Over 100 sickened after food safety conference

Health officials are investigating what may have sickened more than 100 people at a conference where more than 1,300 food safety experts had gathered for the Food Safety Summit held early April in Baltimore.

Alvina K. Chu, who is leading the Maryland Department of Health's investigation, said Tuesday that officials haven't determined what caused the illness. It's not clear if the illness was transmitted by food or from person to person, she said.

Health officials said there have been no reported hospitalizations or deaths.

Rita Foumia, with BNP Media, which hosts the summit, said nothing like this has happened in the summit's 16-year history. THE ASSOCIATED PRESS

Cleanup underway after Arkansas tornado

A volunteer helps burn debris from a destroyed house in Vilonia, Ark., Wednesday. Arkansas had 15 deaths after a tornado blasted through Sunday. Along stretches of damaged houses in the Vilonia area, volunteers cleared trees from across homes, driveways and streets.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Execution was not humane says White House

Oklahoma. Inmate writhed, clenched his teeth and appeared to struggle as a new drug combination failed

Officials were conducting an autopsy Wednesday on an American death row inmate who appeared to struggle before prison officials halted the execution in which Oklahoma state was using a new drug combination for the first time.

The man later died of a heart attack, and the botched execution was expected to intensify the debate over how states handle lethal injections.

Fannie Bates holds a sign urging a stay in two upcoming executions.

THE ASSOCIATED PRESS

The White House said the failed execution fell short of the humane standards required when the death penalty is carried out. Oklahoma Gov. Mary Fallin called for an independent review of the state's execution protocols.

The autopsy on Clayton Lockett, 38, will include an examination of the injection sites on his arms and a toxicology report to determine what drugs were in his system, medical examiner's spokeswoman Amy Elliott said. The autopsy in Tulsa, Oklahoma, was expected to last for several hours, Elliott said, and it could take two to four months to complete the toxicology report.

THE ASSOCIATED PRESS

Ferry owners ignored warning

An off-duty captain of the sunken South Korean ferry has told investigators that the owners ignored his warning that the ship shouldn't carry too much cargo because it wasn't very stable, a prosecutor said Wednesday.

The captain, whom prosecutors will only identify by his surname, Shin, was on vacation on the day of the accident two weeks ago that has left more than 300, mostly high school students, dead or missing and has caused widespread shame and grief.

The ferry was piloted April 16 by a substitute captain, Lee Joon-seok, who is now being detained along with 14 other crew members who were involved in navigating the Sewol.

Yang Jung-jin, a senior prosecutor on the team investigating the sinking off the southern coast, wouldn't say when the captain warned the company and didn't know whether Shin made multiple warnings about stability. Divers have recovered 212 bodies from the wreckage.

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Nigerian schoolgirls forced to marry their abductors?

Nigeria. About 50 girls managed to escape, 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization said Wednesday.

At the same time, the Boko Haram terrorist network is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about $12) to marry the fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second largest city.

"The leaders of both houses said they will do all in their power but we are saying two weeks already have passed, we want action now," said activist Mercy Asu Abang.

Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in Nigeria protest in the capital over the government's failure to rescue the girls. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19 people, including 10 children, activists said.

THE ASSOCIATED PRESS

10 killed in Russia

Fire at military warehouse

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

The defence ministry said 10 people who were travelling in a truck near the depot when the fire broke out late on Tuesday were found dead.

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Nanaimo, B.C. Former employee arrested in sawmill shooting spree

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then moved into the mill's offices.

An RCMP officer walks away from the scene of a shooting at a sawmill in Nanaimo, B.C., Wednesday. CHAD HIPOLITO/THE CANADIAN PRESS

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. THE CANADIAN PRESS

Ford to take a break to deal with his 'substance abuse'

Campaign put on hold. Lawyer for infamous mayor of Toronto says embattled leader knows he 'needs help'

Rob Ford will take a leave of absence from his re-election campaign to seek help for substance abuse, his lawyer said Wednesday.

Dennis Morris said the Toronto mayor "realizes he needs help for substance abuse," but would not say which substance his client is seeking treatment for or what steps he will take.

"In my eyes, he should announce those steps to the public in the near future," Morris said.

The Toronto Sun reports Ford will nonetheless remain on the ballot for the Oct. 27 mayoral election.

Ford has denied allegations that he is addicted to drugs or alcohol, though he has admitted having used crack cocaine while in a "drunken stupor" during his tenure.

Rob Ford's lawyer says the Toronto mayor will take a leave of absence to seek help for substance abuse. FRANK GUNN/THE CANADIAN PRESS FILE

Shortly afterward, city council voted to relieve Ford of many of his mayoral powers.

The mayor also admitted he had been drinking during an incident in which he was filmed using Jamaican swear words and other profanities at a Toronto restaurant.

He vowed last year that he had given up alcohol — part of a campaign to rehabilitate his image in light of his admission.

His family had previously backed up his assertions and his decision not to resign or take an official leave.

Media reports of a cellphone video on which Ford appears to smoke crack cocaine first appeared last May, and sparked a police probe dubbed Project Brazen 2.

But at that time, a guns, gangs and weapons probe called Project Traveller was already well underway. It included wiretaps that allegedly captured conversations about the video.

Police also believe that a widely published photo showing Ford posing with three men — one shot dead shortly after the photo was taken and the other two accused gang members — was taken outside an alleged crack house.

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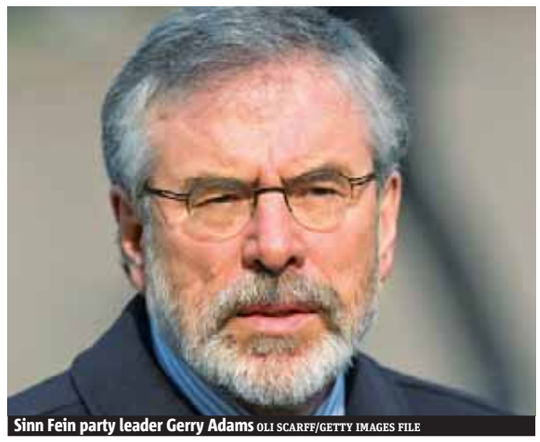
Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."



Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

Reflecting the embarrassment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the interviews, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

THE ASSOCIATED PRESS

Tribal woman displays ink mark after voting. MAHESH KUMAR/THE ASSOCIATED PRESS

Millions vote in Part 7 of India election

814 million eligible. Over the course of weeks, 543 parliamentary races will be decided; results expected May 16

Millions of people in nine states across India, including the newest state of Telangana, voted Wednesday in the latest phase of the country's massive general election.

With 814 million eligible voters in India, the election is being held in phases over six weeks. Voters are choosing the 543 members of Parliament's lower house, with results expected on May 16.

On Wednesday, in the seventh phase of the election, nearly 140 million people were eligible to vote for 89 seats. The voters included Narendra Modi, the prime ministerial hopeful from the main opposition party. Modi, the chief minister of western Gujarat state, sparked a controversy by taking a photo of his inked finger while holding a small lotus flower, his party's symbol, after he cast his vote. Some said in doing this he flouted election laws. THE ASSOCIATED PRESS

Ukraine. Security forces unable to restore order in the east: Interim leader

Ukraine's police and security forces are "helpless" to quell the unrest in two eastern regions bordering Russia and in some cases are co-operating with the pro-Russia gunmen who have seized scores of buildings and taken people hostage, Ukraine's leader said Wednesday.

Acting President Oleksandr Turchynov said his government's goal now is to prevent the agitation from spreading to other territories in the nation of 46 million.

His interim government in Kyiv and Western governments have accused Moscow of orchestrating the turmoil in eastern Ukraine, which borders Russia. The U.S. and the European Union rolled out new economic sanctions against Russia this week.
THE ASSOCIATED PRESS

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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones

JEREMY NOLAIS
Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an interplanetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand.

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing.

"We try to instil in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

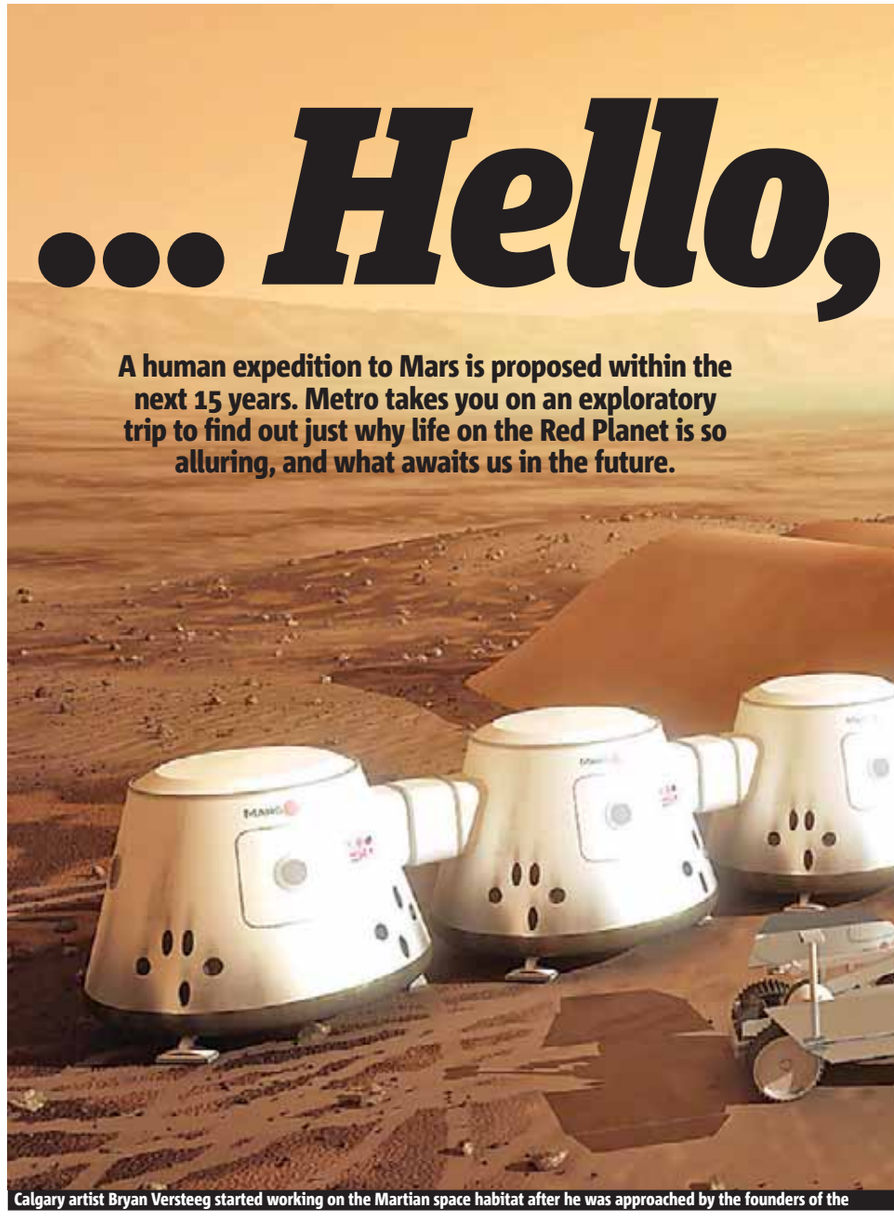
"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

A world to gain
"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"
Zac Trolley, Calgary engineer and potential Mars voyager
MARS
CHRIS HADFIELD

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAIS/METRO IN CALGARY

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on the Red Planet is so alluring, and what awaits us in the future.



Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

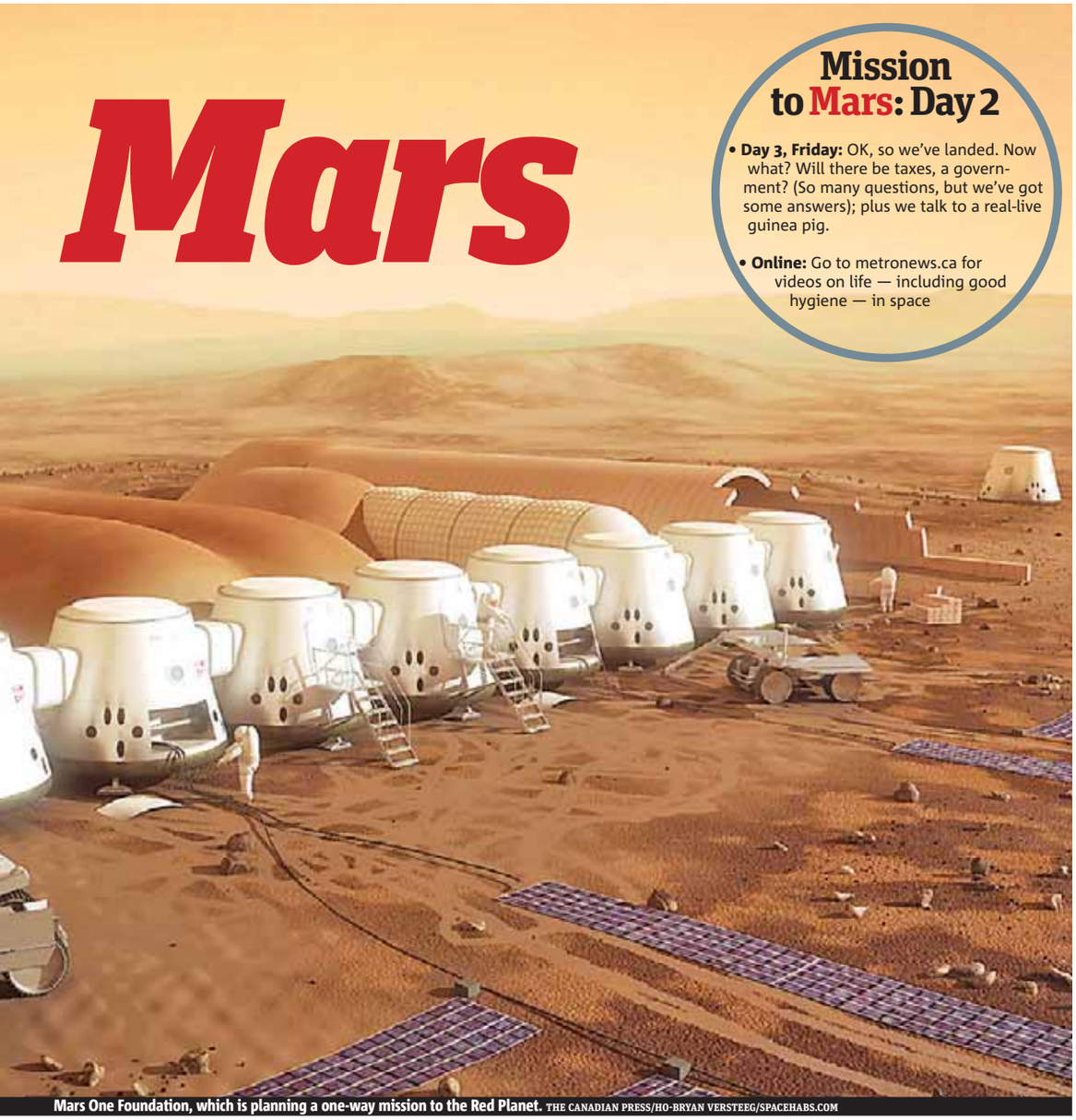
JEREMY NOLAIS/METRO IN CALGARY

See that symbol? It means you can scan the photo below with your Metro News app. Astronaut Chris Hadfield explains the space toilet

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to metronews.ca for videos on life — including good hygiene — in space



Mars One Foundation, which is planning a one-way mission to the Red Planet. THE CANADIAN PRESS/HO-BRYAN VERSTEEG/SPACEHABS.COM

fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.
- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to create up to 600 pounds acting against astronauts performing squats, dead lifts, and so on.

Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

A day in the life of a space settler

A general view of a "Space Toilet" is seen in a "Space Habitation Module" at Miraïkan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified, and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO IN CALGARY

Schools up to code. Kids get with the program

It's still small, but there's a movement afoot to teach coding to Canadian kids at school.

Given the increasingly important role that technology is playing in today's culture, business and everyday life, children should be exposed to computer tools as soon as possible, according to Leroy Vincent, a technology and art specialist at the River Valley Middle School in Grand Bay-Westfield, N.B.

Vincent has made it his mission to have every one of the school's 340-odd Grade 6 through Grade 8 kids exposed to computer programming.

"Everything in the world now is computers and everything is programming. I'm not saying every kid is going to be a programmer, don't get me wrong, but every kid has got to be exposed to it," says Vincent.

In Ottawa, a program called TechU.me is pairing Grade 10 students with Grade 3 kids in a project to have them all learn more about coding. The younger kids come up with an app concept based on a subject they're currently learning about in class, and the older students bring that idea to life.

A similar program is now being launched in Waterloo, Ont. THE CANADIAN PRESS

Wichita, Kan.

Everything and the kitchen sink stolen

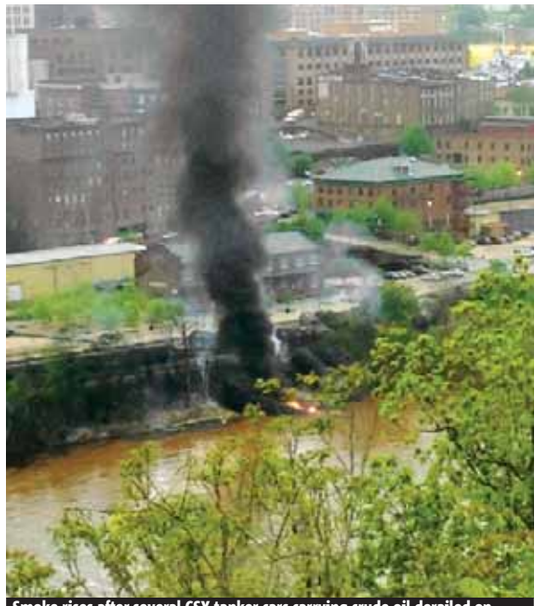
Thieves have made off with most of the kitchen finishings in a model home in Wichita, taking all the upscale appliances, the wooden cabinets from the walls, even the sink.

General manager Kevin McCracken said the model unit was nearly ready for display when the theft occurred.

The missing appliances, cabinets, counters and sink, along with the cost of repairing the damage, amounts to a loss of several thousand dollars.

THE ASSOCIATED PRESS

Oil-bearing train derails and burns in urban area



Smoke rises after several CSX tanker cars carrying crude oil derailed on Wednesday in downtown Lynchburg, Va. THE ASSOCIATED PRESS

Lynchburg, Va.

Buildings evacuated after tanker cars derail, spilling crude oil

Authorities were forced to evacuate a number of buildings Wednesday after several tanker cars carrying crude oil derailed in downtown Lynchburg, Va., and caught fire along the James River.

The City of Lynchburg posted on its website that the fire department was on the scene, and urged motorists and pedestrians to avoid the area. It tweeted that the tanker cars were carrying crude oil and that three or four of them were breached. The city said 13 or 14 tanker cars were involved in the derailment.

No injuries were immediately reported.

Photos and video show several black tanker cars derailed amid extensive flames and smoke.

"We're used to kind of bangs and booms," said Gerald McComas, a security officer at the Griffin Pipe Foundry upriver from the derailment site. "My first thought was it sounded like one of the guys started a motorcycle and then a realized, wait a minute, no ... that was more of a boom. We walked outside and there was the smoke rolling in."

A phone message left by The Associated Press with the Lynchburg Police Department wasn't immediately returned. THE ASSOCIATED PRESS

Quoted

"There is a very high risk here that hasn't been addressed."

Deborah Hersman, Transportation Safety Board chairwoman, speaking on rail transport of volatile chemicals last week in Washington.

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Lunch: 1 bowl of vegetable broth
Day 4 Through 14
Breakfast and Dinner: 8 Tbsp of Almased (50g) in low-fat milk with 2 tsp of oil (flaxseed, walnut or olive), 1 tsp cinnamon or unsweetened cocoa powder, if desired
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TRUE NORTH nutrition

The end of a dream ... for now

Daniella Longchamps demonstrates outside the National Restaurant Association's 28th Public Affairs Conference on Tuesday in Washington, D.C. Senate Republicans blocked an election-year Democratic bill on Wednesday that would boost the U.S. federal minimum wage, handing a defeat to President Barack Obama on a vote that is sure to reverberate in this year's congressional elections. ALEX WONG/GETTY IMAGES

The rich get richer, the poor get poorer

Inequality.
While the top 1% in Canada and the U.S. line their pockets, the 99% make do with less

Canada is among the worst in the developed world in terms of the widening income gap, according to a new OECD paper.

The analysis shows income inequality has grown in most advanced economies represented in the Organization for Economic Co-operation and Development over the past three decades, but the United States and Canada are near the top in terms of growth and in absolute terms.

The OECD says the top one per cent of Canadian pre-tax income earners captured 37 per cent of the overall income growth between 1981 and 2012, and now account for 12.2 per cent of the country's total annual income.

In the United States, the top one-percenters captured 47 per cent of the total income growth in the country during the period — and now share one-fifth of the country's pre-tax income.

Meanwhile, incomes among the poorest households have not kept pace with overall income growth, the OECD says, and in fact stripping away the top one-percenters would leave overall income growth considerably lower in many countries. THE CANADIAN PRESS

New survey.

39% of Americans changed password after Heartbleed

Most Americans who recently learned about a major breakdown in Internet security nicknamed Heartbleed have been trying to protect themselves, according to a new survey by the Pew Research Center.

Passwords were changed or online accounts were closed by 39 per cent of the Internet users in Pew's telephone survey of 1,501 adults taken in the U.S. from April 23-27.

But 36 per cent of the Internet users participating in the survey hadn't heard about Heartbleed at all. THE ASSOCIATED PRESS

A breakout star?

StubHub goes from broker to producer of concerts

You can soon buy concert tickets from StubHub for shows produced by StubHub.

The company, which helps brokers and fans buy and sell tickets on its website, announced Wednesday it will sell tickets to concerts that it will produce. It has five shows planned so far featuring "emerging acts" and will launch its first self-produced concert May 18 in Los Angeles.

The performer will be announced next week.

StubHub is getting involved in a business dominated by Live Nation Entertainment Inc. and its Ticketmaster subsidiary. THE ASSOCIATED PRESS

Market Minute

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Dow Jones: 16,580.84 (+45.47)

Online purchases

Aeroplan partners with Shop.ca

Love shopping? Love travel? Perhaps you love shopping while you travel?

Aeroplan announced Tuesday a new partnership with Shop.ca, making it easier for shoppers to earn Aeroplan Miles on their online purchases.

Users will also be entitled to free shipping and returns in 28 product categories including electronics, sporting equipment, home furnishings and more. METRO

Flapping around

Twitter's stock dives down

Shares of Twitter dropped in morning trading Wednesday to their lowest point since the company went public in November. Investor concern remains over the short-messaging service's ability to keep adding users and keep existing users engaged.

Twitter has said it is focusing on expanding its audience and encouraging people who do use its service to use it more often. But Twitter has not been expanding its user base as quickly as its investors would like. THE ASSOCIATED PRESS

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THE DIFFERENCES ARE STILL CUTE

HE SAYS

John Mazerolle
metronews.ca

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush Doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully, she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles

A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"

CHRISTOPH GIELEN
Artist/photographer, 46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes. Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban-sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and designs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. METRO

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MetroTube

Hamster gets served tiny labour of love

ANDREW FIFIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!
(Via Hello Denizen on YouTube)

SCREENGRAB

metro
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Creativity for a good cause at this year's GLITTERBOMB

Pink Triangle Services. Interdisciplinary art gala raises money to provide counselling and support to GLBQT people

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

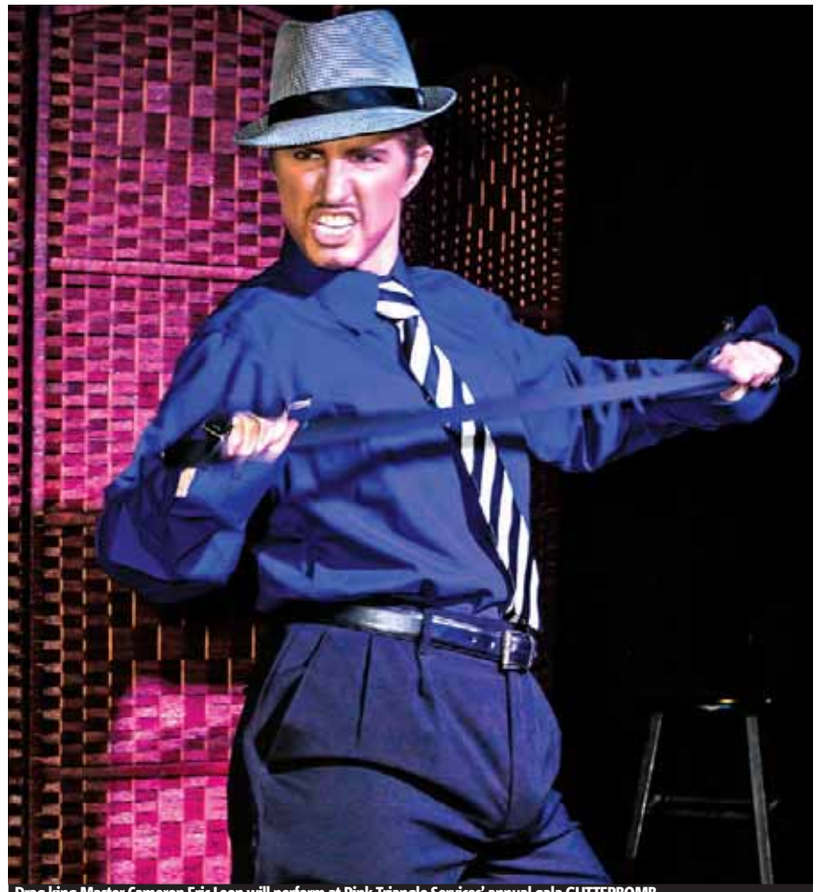
Pink Triangle Services, Ottawa's queer community centre and the oldest registered GLBQT charity in Canada, is celebrating its 30th anniversary this year.

"We offer resources, counselling and peer support for people in the entire GLBQT spectrum," says Pink Triangle Services events co-ordinator Veronica Michelle.

"We have peer support groups every week night. If you identify as one thing, you can come and have a facilitated discussion with other people of the same identity. It's constructive and supportive."

The centre receives the majority of its funding through the municipal and provincial governments but also relies heavily on private donations and fundraisers to help keep it afloat.

PTS is hoping to raise $20,000 through its largest annual fundraiser, the upcoming GLITTERBOMB — an interdisciplinary arts gala offering everything from aerial acrobatics and spoken word performances to cabaret singers and drag kings.



Drag king Master Cameron Eric Leon will perform at Pink Triangle Services' annual gala GLITTERBOMB.
COURTESY VIKTOR S. DE VICE

One of the standout performers at this year's GLITTERBOMB is first-timer Master Cameron Eric Leon, a new but rising star on the Ottawa drag circuit, having recently placed second in two local competitions — Burlesque Idol and Mr. Chick Magnet.

"Knowing that I've got an outlet that entertains and delights other people is the absolute best part of this journey for me so far," says Leon, who has been performing as a drag king for only a few months.

But, he admits, it's goes way beyond just the performance.

"It's not only a creative outlet — drag lets me challenge notions of gender and sexuality while also exploring and coming to terms with my own internal identity conflicts that I avoided facing for so long," he explains.

Returning to GLITTERBOMB's lineup this year is cabaret singer Meena Jatrois, a staunch supporter of Pink Triangle Services and its annual gala.

"I truly feel honoured to be welcomed back to GLITTERBOMB. The event is so well planned, organized and executed; it's an absolute pleasure to be involved," she says, adding knowing she's helping PTS meet its goals brings her peace of mind.

"It holds a very special place in my heart. Anything I can do to continue to be an ally to the queer community is my duty and my pleasure."

GLITTERBOMB TAKES PLACE ON FRIDAY, MAY 9 FROM 8 P.M. TO 12 A.M. AT THE BRONSON CENTRE (211 BRONSON AVE.). TICKETS ARE $35 FOR GENERAL ADMISSION OR $75 FOR VIP TICKETS, INCLUDING RESERVED, FRONT ROW SEATING. FOR MORE INFORMATION, VISIT PTSOTTAWA.ORG/GLITTERBOMB

Quoted

"Drag lets me challenge notions of gender and sexuality while also exploring ... my own internal identity conflicts."
Master Cameron Eric Leon, drag king

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See that symbol? It means you can scan the photo below with your Metro News app. See the video for James Blunt's Postcards

James Blunt gets a little more personal with Moon Landing

New recording. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT HEALY
Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, Moon Landing, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, Back to Bedlam.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take Goodbye My Lover on the first album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

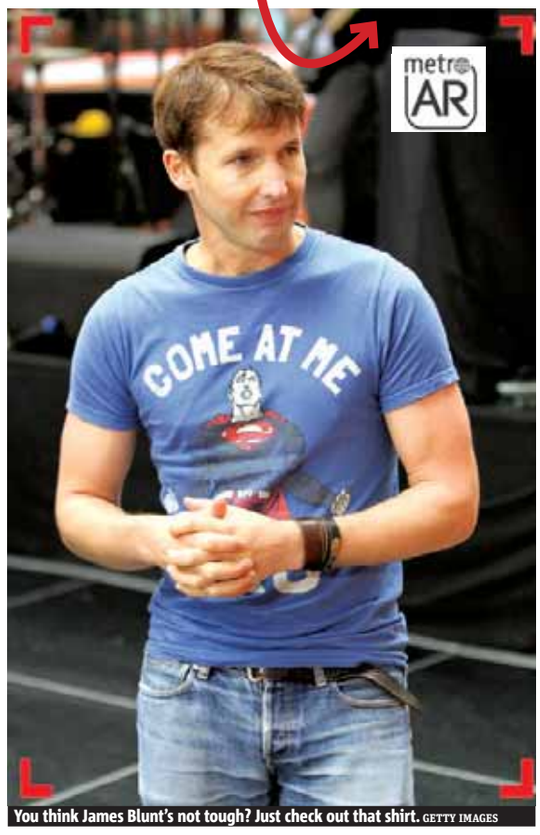
"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how hard and rough it is to get in a serious fight.

Quoted

"I don't sing about my successes and how rich I might be — I sing about my failures, my hopes."
James Blunt, singer



You think James Blunt's not tough? Just check out that shirt. GETTY IMAGES

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more braver to sing about.

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."

It's taken a while for Blunt to come to this level of disenchanted acceptance of his critics and audience.

Reunited

For Moon Landing, Blunt enlisted producer Tom Rothrock, who helmed Back to Bedlam, the album that spawned Goodbye My Lover and the "one song that the whole world knows," You're Beautiful.

"My first record I cut to try and get a record deal, and I did," he says. "I made the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

"And because of that I wrote a reactionary album called All the Lost Souls. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called All the Lost Souls. It's not a happy title.

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is Miss America, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we spectated that and her story is not unusual," says Blunt.

"Amy Winehouse was something similar, even Princess Diana, where we spectate to such a degree that we almost become players in their downfall, because every time we buy magazine to read about their worst moments, or go online to see picture of them, another paparazzi is sent out and with every new lens that is pointed in their faces I think their world becomes that much smaller and their problems much more intense and I think it contributes to their downfall."

Bob Hoskins arrives for the world premiere of Made in Dagenham in London in September 2010. THE ASSOCIATED PRESS FILE

Bob Hoskins. Renowned actor dies of pneumonia

Bob Hoskins never lost his Cockney accent, even as he became a global star who charmed and alarmed audiences in a vast range of roles.

Short and bald, with a face he once compared to "a squashed cabbage," Hoskins was a remarkably versatile performer. As a London gangster in The Long Good Friday, he moved from bravura bluster to tragic understatement. In Who Framed Roger Rabbit, he cavorted with a cast of animated characters, making technological trickery seem seamless and natural.

A family statement released Wednesday said he had died in a hospital the night before after a bout of pneumonia. He was 71 and had been diagnosed with Parkinson's disease in 2012.

Helen Mirren, who starred with Hoskins in The Long Good Friday, called him "a great actor and an even greater man. Funny, loyal, instinctive, hard-working, with that inimitable energy that seemed like a spectacular firework rocket just as it takes off.

"I personally will miss him very much, London will miss one of her best and most loving sons, and Britain will miss a man to be proud of," Mirren said.

Hoskins worked in films big and small, mainstream and independent.

Some were acclaimed, including the blue-collar story Made in Dagenham or Last Orders, a bittersweet portrait of aging that reunited him with Mirren.

THE ASSOCIATED PRESS

Cobain. Rocker's wallet held note disparaging wife

A handwritten note police discovered in Kurt Cobain's wallet after his suicide disparages Courtney Love, the late Nirvana frontman's wife.

CBS News reported that the note was taken from Cobain's wallet when police arrived at his home on April 8, 1994, after Cobain fatally shot himself. The note was never made public. CBS obtained it from the Seattle police via a public information request.

The network reports that the undated note, apparently written by Cobain on stationery from San Francisco's Phoenix Hotel, is written like a mock wedding vow. It references Love as Cobain's "lawful shredded wife" who would be "siphoning" his money for drugs.

Kurt Cobain THE ASSOCIATED PRESS FILE

Cobain's body was discovered in Seattle on April 8, 1994. An investigation determined that days earlier, Cobain had gone into the greenhouse of his home and taken a massive dose of heroin. He then shot himself with a 20-gauge shotgun.

THE ASSOCIATED PRESS

Netflix

New Daredevil show part of Marvel-verse

Marvel's upcoming Netflix TV series Daredevil will display "some interconnectivity" with other films and TV series from the Disney superhero line and is to follow the release schedule pattern set by House of Cards.

Speaking to filmmaker Kevin Smith for Fat Man On Batman podcast #67, Marvel chief creative officer Joe Quesada revealed that Daredevil would not only slot into the same fictional universe inhabited by The Avengers, Iron Man and Captain America, but that the season's release schedule would fall in line with other Netflix original content. AFP

Hell on Wheels

Former Medium star now on AMC Western series

Jake Weber has landed a regular role in Hell on Wheels, Deadline.com announced. The western series will return to AMC this summer with its fourth season.

Known for playing Joe Dubois, husband to Patricia Arquette's character in the drama series Medium, Weber has been cast as Harlan Fell, a former Union Army military doctor who has been sent west by President Ulysses S. Grant.

Jake Weber MYCHELE DANIAU/AFP

The doctor conceals an avid hunger for power, Deadline.com indicates. AFP

Nothing quiet about Claflin's career

The Quiet Ones. After being in a handful of big-budget flicks, actor welcomes something a little smaller

NED EHRBAR
Metro World News in Hollywood

The Quiet Ones is currently playing in theatres. CONTRIBUTED

With Sam Claflin's film career off to such a big-budget start — going from Pirates of the Caribbean: On Stranger Tides to Snow White and the Huntsman to the Hunger Games — the young British actor finds his latest, the Hammer horror film the Quiet Ones, a welcome change of pace.

Hammer Films has quite a legacy in the horror genre.

Despite the fact that I hadn't seen many of the classic Hammer horror movies that they're known for, obviously I'd heard of Hammer horror. So being under that umbrella, I felt like there was a safety net. "OK, I'm safe here. I don't think it's going to be an awful movie. If they're behind it, it's got to have something to it." And that was even before I'd read the script. And also what they've done over the recent years with Let Me In and Woman in Black, two films that I hugely, hugely enjoyed and connected with, and realized that especially with what seems to be my kind of target audience at the moment (laughs), it seems quite fitting.

How does that feel, having a target audience all of a sudden?

It's really strange. It's something you can never get used to. There were some girls discussing if I would speak at their funerals or write a eulogy for them — these are, like, 12-year-old kids. It's scary how obsessed and sort of hungry — obsessed in a positive way! I didn't mean like literally they would kill themselves if I get ill. But it's nice to have an incredibly loyal fan base and people that will go to see my movie even if it's rubbish (laughs). It's really positive to know that there are a few people around the world who really would do anything for me. It's really pleasant — a little frightening at times, for sure, but I also try not to think about it too much, if I'm honest.

Do you find you have to avoid things online more now?

So, I have Twitter and I have Instagram, and I also have other forms of social media that I only keep specifically for my friends. What's amazing about Twitter and Instagram — I'd never put it down — is I feel it's great for someone who's in the limelight to have the ability to kind of connect with fans on a daily basis. I mean, I'm not that guy who literally says, "I'm now having a coffee, I'm now sitting down with my coffee, I'm putting one sugar cube in my coffee. Here's a picture of my coffee. Here's my coffee drunk." I just feel like occasionally it's nice to keep people in the know. But I don't ever say, "I'm going to be here at this time, please come see me." I think that could get out of hand.

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Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Wanna marry Prince Harry? The royal is single again

MELINDA TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal-watchers expected them to get engaged.

Twitter

@mindykaling
my head is too heavy it flattens even the firmest of pillows

@ricky_martin
You have to believe that in the end, all the dots are going to connect.

@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina

Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.

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LIFE 3

PLUS HOMES

Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS

Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, $59, zara.com

Saint Laurent

Metallic bomber jacket, $1,224, farfetch.com

Raf Simons x Adidas

Sneakers, $440, mrporter.com

ASOS

BLACK Printed panel T-shirt, $38, asos.com

COS

Technical jersey trousers, $76, cosstores.com

Gadgets meet garments online

High-tech, high style. Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as part of its U.S. site.

It organizes devices across five categories: fitness and wellness; healthcare devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013 and believes that by 2018, that number could be as high as 100 million. AFP

Will you be ordering up your share of smart style? CONTRIBUTED

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Q: IS THERE SUCH A THING AS SUN CARE FOR HAIR? – C.S.

A: Skin care and UV protection go hand in hand during the sunny summer months, however many people don't realize that sun protection for your hair is just as important! Find a stylish hat, or use a hair spray or product that blocks harmful UV rays! Schwarzkopf and L'Oreal both make hair care products that protect against sun damage! Visit Trade Secrets and Sephora for these products and more!

Q: ARE THERE ANY TRENDS IN FOOTWEAR FOR A TALLER GIRL LIKE MYSELF? – J.K.

A: Tall women usually have the luxury of having long legs, making it unnecessary to wear heels that tend to elongate the body; and there are so many great alternatives to pair with skirts, dresses, and shorts. Open-toe flats are definitely summer appropriate, and the tall woman can afford to wear a short wedge or espadrille to compliment a summer look. Additionally, you could wear an embellished sandal with a one-inch heel if you find flats too flat. Visit Brown's for some fashion-forward options!

Q: FOR MEN, IS THERE A RULE IN TERMS OF WHEN IT'S ACCEPTABLE TO GO SOCKLESS WITH SHOES IN THE SUMMER? – L.G.

A: Shoes without socks can be a double-edged sword. Done the right way it can look cool and carefree, take it too far and you could wind up looking a tad silly. The trend this season seems to be shorter hems that show a bit of the ankle. This can work with almost any shoe/pant combo as long as the pants are tapered – it won't work with boot cut or wide leg pants. Take a risk – it's always easier to do in the summer months!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Bayshore Shopping Centre @bayshoreottawa

Canadian street style

Spotted in: Toronto

Name: Kiki van Duin

Age: 31

Occupation: Operations manager

What she's wearing:
Frye boots, DR. Denim jeans, Capital Espresso tee, Penfield plaid shirt, Levi's jacket, and Sitka bag.

Her inspiration:
"Chameleon life! I'm different every day, so I dress differently for what I feel and what I'm up to. You never know what your going to get when it comes to what I'm wearing."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION, TOO!

Prince William may not have been a fan of Kate's yellow Roksanda Ilincic crepe dress she wore on their Down Under tour recently, but it caught the attention of many fashionistas on the web. Go online to Trends Report to find out where you can buy this dress, and check out the other fashion finds to help you achieve Kate's 'chic banana' look, even without a princess's budget.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

'If age wasn't an issue, I'd buy more wine'

Girl next door. You know her as Caroline Forbes, Nina Dobrev's sidekick in the popular television series The Vampire Diaries, but in real life Candice Accola is just a regular 26-year-old who's not *that* into running, used to have a unibrow and still eats the odd chicken wing

RICHARD PECKETT
Metro World News

Candice Accola takes a break from playing the blood-sucking teenager to talk us through her routines:

Her very strict cleansing rituals

"I take my makeup off with Boscia Makeup-Breakup Cool Cleansing Oil, which is really gentle. I rotate between hope in a jar by philosophy, Origins High Potency Night-A-Mins and Kate Somerville Dilo Oil. I don't need to wash my face again in the morning. I just splash on some toner and add a little bit more lotion under my eyes."

Drugstore lashes are this vampire's cheap beauty trick. PROVIDED

Red lips and baby-doll lashes

"Going out in L.A. is intimidating. A lot of people start the conversation looking into your eyes. Makeup-wise I can always rely on a bold red lip and drugstore lashes. I use the individual ones — strip lashes drive me crazy because they never fit. But if that's all you have, then I'd say the best way to use them is to cut them in half and only put them on the outside corner of the eye."

Dealing with hangovers

"Anyone claiming to have this miracle hangover cure is just full of it. I just take a hot shower to steam my skin back to life, put on a lot of eye cream and wear really big sunglasses."

Mourning her monobrow

"When I was in middle school, a boy on the bus told me I had a monobrow. I went home and tweezed my eyebrows so much they never really grew back."

Being ageless

"My character Caroline is a vampire, meaning she doesn't age. I'd save a lot of the money on beauty products and buy more wine if growing old wasn't an issue. But I have a pretty healthy balance and don't deprive myself of too many things. I'm not into running or Zen yoga. I need a high-energy class such as spinning or ballet barre. If I'm not eating chicken wings, its probably because I ate some on the weekend at a ball game."

Maintain your home for longevity

A necessary chore. It's important to take the time to inspect your home for deterioration

There's no getting around it: home maintenance is a chore. But the reality is that regular tasks can help extend the longevity of a house and may even defer the need for major repair projects.

Marty Erletz, owner and operator of Victoria's Pillar to Post home inspections, says it's important to take the time to inspect and monitor your home for signs of deterioration.

"A big thing people don't do is inspect their crawl spaces enough," says Erletz. "It isn't a lot of fun going down in a crawl space, but if a homeowner has one, they have to go down there and make sure there is no moisture problem, or leaking plumbing."

Similarly, he says attics need to be looked at for signs of potential roof leaks and moisture around bathroom fan vents.

With the snow melting and weather improving, Erletz says homeowners should be looking at the exterior of their house for peeling paint and sealant.

"It is important to look for any exposed wood," he says. "Especially for places on the West Coast, where we get a lot of rain, it is very important that wood has proper weather protection."

Monitoring the quality and integrity of the sealant around doors and windows, and around the fixtures in bathrooms and kitchens is also necessary to avoid any potential moisture buildup and leakages.

Even though there are some maintenance projects that can be done annually, like checking smoke detector batteries, other tasks need to be tackled regularly over the course of the year.

"A lot of times people aren't up-to-date on the smaller things in their home, such as furnace filters are ignored," Erletz says. "Homeowners don't realize that in the heating season, furnace filters need to be changed every month to keep the furnace working properly and efficiently but also for air quality in the home."

Throughout the year, and life of a home, weather and the people who live in a house can cause a lot of wear and tear.

According to John Davis, owner of Edmonton's Cabin to Castle Home Inspections, homeowners need to be aware of their home and respond to any potential damage or problems.

Davis says during the winter, window screens often get damaged. It's best to replace torn screens before the hot summer months come.

Like Erletz, Davis says there are a lot of small things owners should be aware of to keep the home in the best shape possible.

"Front-load washing machines should be aired out in between washes," says Davis. "If this is not done consistently, mildew and mould can accumulate."

While the list of projects may seem overwhelming, Davis says doing small things once or twice a year can prevent them from building into big problems.

"It is important to take necessary steps to guard homes from the elements," he says. "Keeping all appliances clean and repaired can help you get the most out of them and add to their longevity. All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

Davis says roofs with wooden shakes require regular care and maintenance to be effective at shedding water.

THE CANADIAN PRESS

Quoted

"All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

John Davis of Cabin to Castle Home Inspections in Edmonton

Experts say homeowners need to keep their eavestroughs clean to prevent flooding and water damage. MEGAN COLE/ THE CANADIAN PRESS

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How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might live in. Here are my top four rules:

Tones and colour

• Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.

• Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.

• When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

• You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.

• To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.

• Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth, especially in foyers and bedrooms.

Scale of furnishings

• There is an art to creating the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.

• The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

• Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.

• Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.

Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, $1,100, potterybarn.com

One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, $395, thebay.com

Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, $29.99, ikea.ca

Baffling bushy-tailed backyard bandits

They're vermin to some, cunning adversaries to others.

Squirrels have long been a source of fascination and frustration for gardeners and bird enthusiasts engaged in a near-constant battle to keep them away from the nuts and seeds put out for birds.

Greased poles. Loud music. Motion-activated sprinklers. Bill Adler Jr. has heard it all, and tried many.

The 57-year-old humour writer has been collecting tips to keep squirrels from avian meals for three decades, and recently updated his 1988 book, Outwitting Squirrels: 101 Cunning Stratagems to Reduce Dramatically the Egregious Misappropriation of Seed From Your Birdfeeder by Squirrels (Chicago Review Press), for a third edition.

The most important thing to know? While technology has changed, squirrels still have little else to do all day but strategize. And they're good at it.

"There's no one technique that works for everyone," Adler says. Try a few tactics, and be willing to change. Most of all, he says, don't sweat it.

Here are some tips (some serious, some not) from Adler and others to bring a little harmony to your backyard:

A squirrel attempting to eat bird seed on an Eliminator. The squirrel-proof bird feeder protects your bird seed from persistent squirrels via technology that closes the seed ports based on the weight of the intruder standing on the perch ring. WILD BIRDS UNLIMITED/THE ASSOCIATED PRESS

The natural

Resigned to the fact that squirrels are going to call his Washington, D.C., yard home, Adler puts out some unsalted mixed nuts along his steps.

"If you feed them, they will tend to leave the bird feeder alone," he says.

Squirrels also love corn, so if you don't want them invading your feeder, keep your birdseed corn-free.

You can try filling your feeder with safflower seeds, which are high in fat and protein.

The technical

These days, there are motion-activated outdoor cameras if you want to monitor your feeder, and even motion-activated sprinklers to douse offending squirrels.

"Squirrel-proof" bird feeders abound. The best, according to Adler and other experts, are those that sit on a five-foot pole and are covered with a plastic dome or "baffle" that's hard for squirrels to cling to.

If you want to get even more high-tech, there are weight-activated feeders that actually cover up the feeding ports when a squirrel latches on.

THE ASSOCIATED PRESS

Nuts to you

Cray cray ways to drive 'em away

Adler devotes a chapter of his book to his own misadventures with squirrels, dating back to his bachelor days, when he first moved to Washington from New York. Wanting a pet in an apartment building that didn't allow them, Adler invested in a bird feeder.

"The next day I got a squirrel, which was not part of the instructions," he says.

He tried yelling, coated the bricks of his building with Teflon, squirted the squirrel with water, and even rolled out some stainless steel spikes. But nothing worked.

After hearing similar stories from other frustrated bird lovers, Adler decided to pen the first edition of his diatribe against the rodents. Also included in the book are feeder ratings, ways to attract certain birds and 101 "cunning stratagems" to keep squirrels at bay. Some are practical. Most are hilariously ludicrous.

Some of the more entertaining strategies:

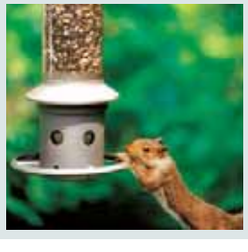
• Dig a moat around your feeder. Fill it with piranha.

• Trap squirrels and send them to Antarctica.

• Encourage your neighbours — and what the heck, your local government — to use drones to monitor and, ahem, deal with squirrels.

• Buy a squirrel costume. Parade around your yard wearing it. Squirrels can't figure out what in the world is going on and it drives them away.

• Buy some lasers and set up a hologram show. Make holograms of cats and hunters. THE ASSOCIATED PRESS



Before you nail it down...

Plan your renovation. Experts suggest you consider timing, alternate accommodations

JENNIFER TAPLIN
For Metro

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meaghan Riopel with Jameswood Homes in Calgary, said homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best because contractors are less busy and are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay for themselves through savings on utility bills as well as adding greater resale value.

Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

Before ripping down walls or ripping up the floor, CMHC says it's a good idea for homeowners to ask themselves how appealing the renovation would be to a buyer in the future. If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

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Canadian superfoods! Julie Daniluk has you covered from coast-to-coast

Barney and the Purple People Eater would surely approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in Slimming Meals that Heal. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria.

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and omega-3 fatty acids."

Ingredients

Salad
- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced
- 2 tbsp hemp hearts

Dressing
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt or grey sea salt

FLASH FOOD
From your fridge to your table in 30 minutes or less

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

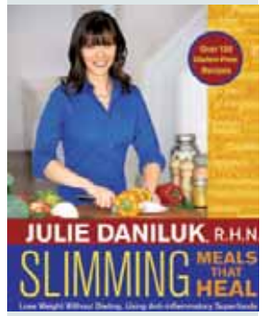
3. Add dressing to salad and combine until salad is evenly coated.

RECIPES EXCERPTED FROM SLIMMING MEALS THAT HEAL BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LTD. ALL RIGHTS RESERVED.

This recipe serves six. JULIE DANILUK

Cookbook of the Week

Eat well, get healthy



Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain. The release offers 125 recipes that don't require you to count calories and includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance. Dishes include: Skinny Onion Rings, Low-Cal Turkey Chili and more. METRO

All comfort, no guilt

1. Heat 1 tablespoon of coconut oil in a large pot over medium-high heat until shimmering but not smoking.

2. Add steak and cook until browned on both sides, 3 to 4 minutes per side. Transfer to a cutting board and let rest for 5 minutes. Cut lengthwise into 2 long pieces, then crosswise, across grain, into 1/4-inch-thick slices.

3. Heat remaining 1 tbsp of oil in pan over medium heat. Add mushrooms, onion, basil, oregano, thyme and salt. Cook, stirring often, until vegetables are very tender, 8 to 10 minutes.

4. Sprinkle flour over vegetables; stir to coat. Stir in beef broth and vinegar and bring to a boil, stirring often. Reduce heat to simmer and continue cooking, stirring often, until mixture is thickened, about 3 minutes.

This recipe makes six servings and can be served with kasha crepes or kelp noodles. JULIE DANILUK

5. Stir in coconut milk, sliced steak and any accumulated juices. Bring to a simmer and cook, stirring, until heated through, 1 to 2 minutes more. Top with fresh parsley or chives and serve on kelp noodles or kasha crepes.

Ingredients

- 2 tbsp coconut oil, divided
- 1 lb flank steak, trimmed
- 4 cups halved and thinly sliced shiitake mushroom caps
- 2 cups sliced onion
- 1 tbsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp pink rock salt or grey sea salt
- 2 tbsp arrowroot flour
- 1 1/2 cups beef or chicken broth
- 1 1/2 tbsp apple cider vinegar
- 1/2 cup coconut milk

Garnish
- 2 cups chopped fresh chives or fresh parsley

SHUTTERSTOCK PHOTOS

NUTRICHEM CAN KEEP YOU ALLERGY-FREE

COMPOUNDING CLINIC CREATES MEDICATIONS WITHOUT ALLERGENS

May is Food Allergy Awareness Month.

For certain individuals, everyday foods can be extremely dangerous or even deadly. These individuals suffer from food allergies.

A food allergy occurs when the immune system wrongly identifies a food as being a threat. This leads to various symptoms from mild skin irritation to a deadly anaphylactic reaction where a person's airways close and potentially cause them to suffocate.

According to Anaphylaxis Canada, food allergies are on the rise and the most common culprits are peanuts, tree nuts, seafood, egg, milk, sesame, soy and wheat. Medical practitioners are not sure what triggers food allergies but most agree that it is an important issue that needs further research. One theory known as the "hygiene hypothesis" suggests that the excessively clean and sanitized environments we live in lead the immune system to be exposed to fewer germs and get "bored." It therefore identifies usually non-harmful foods as being a potential threat. Genetics may also play a role and children of parents with allergies are at a higher risk of developing food allergies.

It is important to distinguish the difference between a food allergy and food intolerance. Food intolerances are a milder, non-life-threatening immune reaction. They will produce inflammation in the body and could have long-term health consequences but a person with an intolerance will most likely not find themselves on a hospital bed if they accidentally ingest the allergenic food. Tests exist for both food allergies and food intolerances. Allergy specialists test food allergies via skin prick. NutriChem Compounding Pharmacy and Clinic tests food intolerances through blood or stool.

Living with a food allergy can be extremely difficult. Dining out can be a challenge and so can taking a medication.

For example, Prometrium, a bio-identical progesterone often prescribed to help with symptoms of perimenopause, once contained peanut oil. Thankfully, compounding pharmacies such as NutriChem can make most medications free of allergens, whether it's a food, a preservative, or anything else that can cause irritation.

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Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Raptors hang on for the win despite being outscored by 20 in the fourth

Game 5

115	113
Raptors	Nets

Kyle Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets, giving the Raptors a 3-2 lead in their best-of-seven playoff series.

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors, who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada Centre, but held on for the victory.

Joe Johnson led the Nets with 30 points, while Mirza Teletovic added 17, and Deron Williams and Alan Anderson finished with 13 apiece.

The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

THE CANADIAN PRESS

Donald Sterling

L.A. overwhelmed by fans' support

Several hours after owner Donald Sterling was banned from the NBA for life, the Los Angeles Clippers sprinted and soared through a playoff game as if a weight had been lifted from their collective shoulders.

The Clippers finished a tumultuous day with a 113-103 victory over the Golden State Warriors on Tuesday night, leaving their home court to high-fives and standing ovations from fans enthralled by the prospect of watching an NBA title chase without Sterling in his front-row seat.

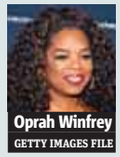
"We have a tough locker-room, all of us are tough, but it almost brought out tears to your eyes just to feel the support from the fans," said Chris Paul, the Clippers' star point guard.

THE ASSOCIATED PRESS

Clippers for sale

Oprah interested in buying team

If Donald Sterling is compelled to sell the Los Angeles Clippers, the list of potential buyers will have more stars than the team's roster. Oprah Winfrey leads the list of wealthy luminaries who announced their interest in purchasing the club shortly after NBA commissioner Adam Silver banned Sterling from the league for life. Others that have shown interest include music mogul Sean Combs and Floyd Mayweather Jr., who wants to form a group to buy the team. THE ASSOCIATED PRESS



Oprah Winfrey
GETTY IMAGES FILE

Tim Duncan posts up against Shane Larkin of the Mavericks in Game 5 on Wednesday in San Antonio, Texas. CHRIS COVATTA/GETTY IMAGES

Brand new pop Parker pushes Spurs past Mavs

Tony Parker had 23 points hours after the birth of his first child and the San Antonio Spurs never trailed in a 109-103 victory over the Dallas Mavericks on Wednesday night, taking a 3-2 lead in their first-round series.

Manu Ginobili had 19 points and Tiago Splitter added 17 points and 12 rebounds as San Antonio regained home-court advantage in the tense series against their intrastate rival.

Game 5

109	103
Spurs	Mavericks

Tim Duncan added 16 points and 12 rebounds and Kawhi Leonard had 15 points for the Spurs.

Vince Carter scored 28 points, making numerous contested shots in going 10-for-16 from the field for Dallas.

After averaging 16 points in the series' first four games, Mavericks forward Dirk Nowitzki found the stroke in scoring 26 points. Nowitzki was 10-for-20 shooting, but it wasn't enough to overcome Parker and the Spurs returning to form. THE ASSOCIATED PRESS

Who are the most underrated athletes in team sports? Scan this image with your Metro News app to see some of our picks.

Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

No longer league's best-kept secret

Just one of the best.
Beyond Boston's playoff runs, Olympics showed why Bruins forward is elite

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said. "That's a pretty tough, but important, job."

It's also an important job to play with Crosby, whose unique talent level and mental acuity are often difficult to match. Bergeron said during the Olympics that the challenge is to be at his best when on Crosby's wing.

"It's about trying to find him when he's open but also it's getting open for yourself, not just trying to feed him," Bergeron said of Crosby. "You give him the puck in your zone and he does his thing."

Sochi gave Bergeron an international showcase to show his stuff, but he has been a key cog for the Bruins for a number of years. He has played 70-plus games in eight of nine full NHL seasons since entering the league in 2003 and had 20 points in 23 games when Boston won the Cup in 2011.

This season, though, he was downright dominant at times. With 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle, Bergeron was the Bruins' most important forward as they won the Presidents' Trophy.

THE CANADIAN PRESS

Like fine wine

"I didn't think a guy that's already played eight or nine years can get better each and every year, but he is."

Brad Marchand on his Bruins teammate Patrice Bergeron

Rivals meet again

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semi-final opens Thursday night in Boston, and this one promises to be as nasty and closely contested as ever.

- As is the tradition, it pits the bigger, more physical Bruins against the Habs, who are built on quickness and puck pressure.

Marc-Andre Fleury.
Penguins goalie hopes flameouts are behind him

Pittsburgh Penguins goaltender Marc-Andre Fleury knows the critics will always be there.

If his play in the Penguins' recent Eastern Conference playoff series is any indication, he doesn't seem to mind.

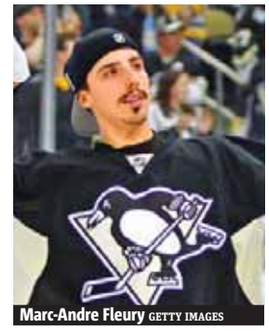
Fleury passed his confidence test with flying colours, winning his first post-season series in four years as Pittsburgh beat Columbus in six games.

He hopes the ride continues as the Penguins prepare for a second-round showdown with the New York Rangers or Philadelphia Flyers.

"It was definitely a great feeling," Fleury said after practice on Wednesday. "It's been awhile."

It certainly has been for Fleury, the franchise's career wins leader who has struggled in the post-season since helping the Penguins win the Stanley Cup in 2009.

He helped Pittsburgh make it to the second round in 2010, but was in net for first-round flameouts in 2011 and 2012 then lost his job to journeyman Tomas Vokoun last spring.



Marc-Andre Fleury GETTY IMAGES

Fleury regrouped during the off-season and his steady performance against the Blue Jackets helped the Penguins avoid a major upset.

"Unless you win the cup, there will always be critics no matter what, even if he does win the cup," defenceman Paul Martin said.

THE ASSOCIATED PRESS

One happy Devil. Jagr staying put in New Jersey

Devils leading-scorer Jaromir Jagr will remain in New Jersey.

"I was happy being here," the 42-year-old Jagr said Thursday in a conference call from Belarus, where he is playing for the Czech Republic in the world championships.

Jaromir Jagr GETTY IMAGES

"What would happen? Someone might give me more money, but nobody can guarantee me that I'd be happy someplace else."

The Devils did not release terms of the contract. Jagr said it was a one-year deal. The contract is believed to be worth $6 million with incentives.

Jagr led the Devils last season with 24 goals and 43 assists. THE ASSOCIATED PRESS

Bill Masterton memorial

Jaromir Jagr, Carolina Hurricanes' Manny Malhotra and New York Rangers' Dominic Moore are the finalists for the Masterton Trophy.

- The honour goes "to the player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey."

WHL

Reinhart named player of the year

Kootenay Ice captain Sam Reinhart is the Western Hockey League's player of the year.

The 18-year-old centre from Vancouver led the Ice in scoring with 36 goals and 69 assists in 60 games.

Reinhart also had six goals and 17 assists in 13 playoff games for the Ice, who were eliminated in the second round.

Reinhart is also a top-ranked prospect for the NHL entry draft in June.

He is the son of former NHL defenceman Paul Reinhart.

His brother Griffin plays for the WHL's Edmonton Oil Kings and another brother Max is a Calgary Flames prospect.

THE CANADIAN PRESS

Today	Friday
18°/8° Thundershowers 40%	13°/6° Showers 60%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

LANDMARK MATCH-UP

Match the famous U.S. landmark to the city it's located in.

1. The Rock and Roll Hall of Fame Museum	**A.** St. Louis
2. Willis Tower	**B.** Keystone
3. The Gateway Arch	**C.** Detroit
4. The Henry Ford Museum	**D.** Cleveland
5. Mount Rushmore	**E.** Chicago

ANSWERS: 1. D; 2. E; 3. A; 4. C; 5. B

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						7	
	5	6		8		2	1	
9			2		3			6
		7	6		8	1		
		9	4		5	3		
3			7		1			8
	8	2		9		4	5	
	4						3	

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	6	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	8	6	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

Horoscopes

♈ Aries
March 21 - April 20
You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while. What's in it for them?

♉ Taurus
April 21 - May 21
Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

♊ Gemini
May 22 - June 21
If others want to make an issue of things that are of no significance to you then you have no choice but walk away. The last thing a big-brained thinker like you needs is small-minded people around.

♋ Cancer
June 22 - July 23
There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Strive to see life as it is, not as you wish it might be. Then you can make a difference.

♌ Leo
July 24 - Aug. 23
If your goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

♍ Virgo
Aug. 24 - Sept. 23
The planets are in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with courage and confidence but other aspects warn you can't do it all on your own. You need to rediscover the joys of being a team player, of how good it feels to share success with other people.

♏ Scorpio
Oct. 24 - Nov. 22
You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree. Rise above petty things.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That applies doubly on the work front, no matter how much you may despise certain people.

♑ Capricorn
Dec. 22 - Jan. 20
You seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

♒ Aquarius
Jan. 21 - Feb. 19
You appear to believe that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for the moment at least, they've got other things to worry about. Be patient.

♓ Pisces
Feb. 20 - March 20
You will discover something about a friend or loved one that surprises you today – which just goes to show you can never be sure you really know another person. Resist the urge to pry – leave them secrets to enjoy. **SALLY BROMPTON**

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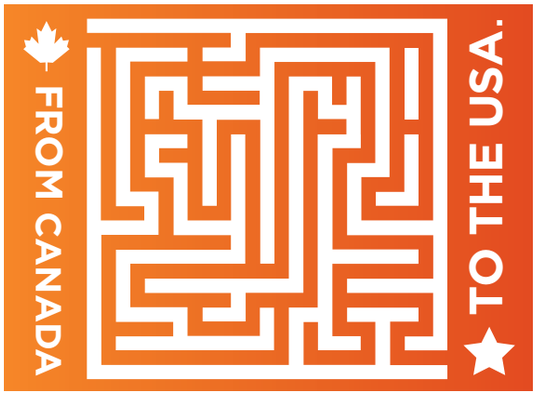
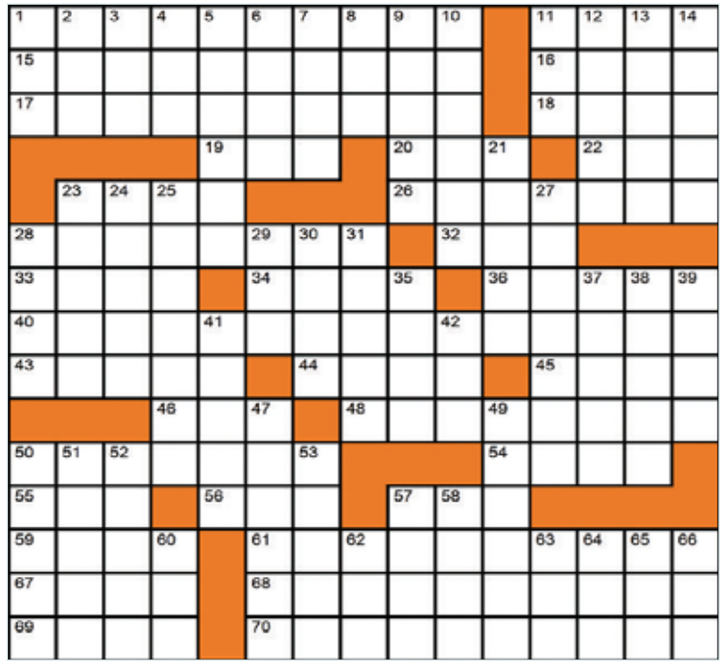


Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
11. Pod vegetable
15. __-__ suit
16. Fear: French
17. Intolerance inciter
18. William H. __ (27th US President)
19. 'Stock' suffix
20. Aussie hopper
22. Rapa __ (Easter Island)
23. Aurora
26. Overcast
28. PM = Prime __
32. __ _ degree
33. Worldwide [abbr.]
34. Fertilizer ingredient
36. Single
40. Tummy tuck, for example: 2 wds.
43. Heretofore: 2 wds.
44. Line giver
45. W Network's "Come __ with Me Canada"
46. Cleaning item
48. Bespoke
50. Where to put carrots and potatoes as common ingredients: 3 wds.
54. Conjunctions
55. Bo Derek's number
56. "Hush."
57. Wk. word
59. __-__-date
61. Winnipeg: James Armstrong __ International Airport
67. Reshmi __, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly

Down

1. "Up, Up and Away" by The __ Dimension
2. Omega-3 fatty acid, e.g.
3. __ gallery
4. "__-haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer
8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "__, __!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia __
21. "Tin soldiers and Nixon coming / We're finally __ __ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert __, Harvard University symbologist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King __": Steve Martin's vintage SNL tune
30. __ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les __-Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou __ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by __ _-52's
58. Hebrew folk song: "__ Nagila"
60. Gold: Spanish
62. __-Magnon Man
63. Antiperspirant, Soft & __
64. Casually utters
65. ...three, two, __...
66. Nocturnal periods, briefly

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2009 Volkswagen Tiguan 2.0T

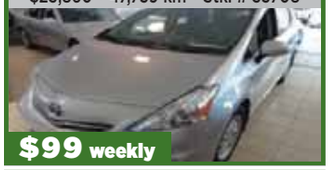
4Motion • AWD
$16,860 • 4 cyl
94,269 km • Auto
Stk: # 35691

$83 weekly

2011 Nissan Juke SV
$16,960 • 10,810 km • Stk: # 35486

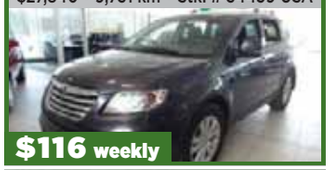
$71 weekly

2012 Toyota Prius V HYBRID
$23,860 • 47,759 km • Stk: # 35708



$99 weekly

2012 Subaru Tribeca
$27,840 • 9,731 km • Stk: # 34459 USA

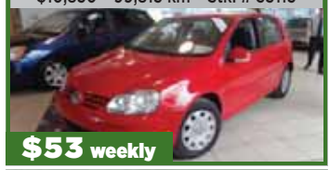


$116 weekly

2011 Chevrolet Cruze LT
$12,860 • 35,866 km • Stk: # 35462

$54 weekly

2009 Volkswagen Rabbit
$10,850 • 99,815 km • Stk: # 35115



$53 weekly

2011 Smart Fortwo Passion
$10,950 • 76,809 km • Stk: # 35456

$46 weekly

2012 Honda Accord EX
$18,940 • 59,686 km • Stk: # 35564

$92 weekly

2010 Nissan Rogue S
$12,480 • 108,871 km • Stk: # 35489

$61 weekly

2011 Mazda 2
$10,820 • 43,035 km • Stk: # 35405-A

$45 weekly

2012 Chevrolet Malibu LS
$12,830 • 68,729 km • Stk: # 35196

$54 weekly

2012 Volkswagen Jetta 2.0L
$14,930 • 41,945 km • Stk: # 35375

$62 weekly

2012 Nissan Murano
$26,860 • 38,312 km • Stk: # 34695 USA

$111 weekly

2010 Mitsubishi Outlander
$16,890 • 62,192 km • Stk: # 35690

$67 weekly

2012 Subaru Outback PREM
$26,650 • 34,067 km • Stk: # 34533 USA

$111 weekly

2012 Toyota Yaris LE
$13,480 • 43,987 km • Stk: # 35328

$56 weekly

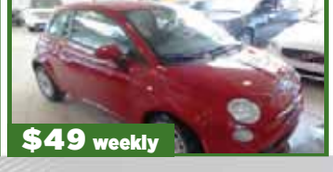
2013 Nissan Pathfinder S
$29,960 • 6,453 km • Stk: # 35381 USA

$108 weekly

2014 Nissan Murano CROSSCAB.
$43,850 • 13,478 km • Stk: # 35682 USA

$182 weekly

2012 Fiat 500 Pop
$11,760 • 64,825 km • Stk: # N14289-A



$49 weekly

2013 Ford Escape ECOBOOST
$25,940 • 38,037 km • Stk: # 34877

$107 weekly

2010 Mini Cooper CLUBMAN
$14,970 • 87,050 km • Stk: # 35294

$73 weekly

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